## **CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Morning Inspection, Post-sleep, Breakfast
06:40-07:30	CDR	BREAKFAST. SM TICC [Caution & Warning Panel] Test (after breakfast)
06:40-07:30	FE-5,FE-6	BREAKFAST
10:00-10:15	CDR	Private Family Conference (S+Ku-band)
10:00-11:30	FE-6	Physical Exercise (ARED)
11:10-12:40	CDR	Physical Exercise (TVIS), Day 4
11:40-11:50	FE-5	RFTA Access
11:50-12:10	FE-5	RFTA Reconfiguration For Urine Processing
12:10-12:20	FE-5	RFTA Cleanup Ops
12:40-12:55	CDR	Private Psychological Conference (VHF)
12:30-13:30	FE-5	LUNCH
13:00-14:00	CDR,FE-6	LUNCH
13:30-14:45	FE-5	Private Family Conference
16:05-17:05	FE-5	Physical Exercise T 2
16:25-17:05	CDR	СОЖ Maintenance. SM and FGB Water Supply System (CBO), Sanitary And Hygienic Equipment (СГО), Flush Counter (СП), POTOK Air Purification System Data Calldowns
16:30-16:45	FE-6	Private Family Conference
17:05-18:05	CDR	Physical Exercise (VELO), Day 4
17:05-18:35	FE-5	Physical Exercise (ARED)
17:20-18:20	FE-6	Physical Exercise (CEVIS)
18:35-19:05		Evening Work Prep
19:05-19:20		Daily Planning Conference (S-band)
19:20-19:30		Evening Work Prep
19:30-21:30		Pre-sleep
21:30-06:00		SLEEP
Task List	CDR	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		SEINER Observation and photography

## Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
  See OSTP for references to US activities
- 3. Pre-sleep ops: daily food prep, dinner, pre-sleep End of Radiogram